Two convicted in fraud case here

Louis Kelso was found guilty of welfare fraud in Appomattox General District Court on July 13.

Judge R. B. Spencer, Jr. sentenced Kelso to 30 days in jail, 11 months suspended, and ordered him to make full restitution of $360 within one year.

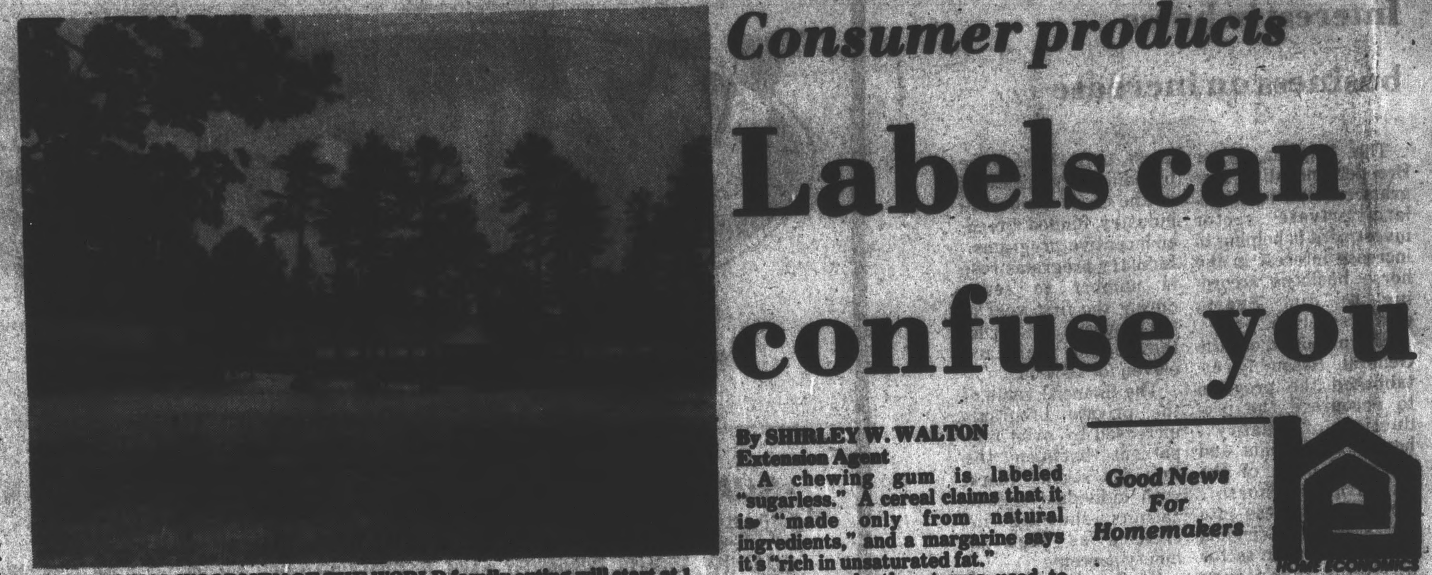
Kelso was issued a show-cause summons for not making restitution on Aug. 1. In court, he paid $200 and was ordered to make regular payments until restitution is made. He was sentenced to two days in jail.

Jacquelin Austin of Pamplin was found guilty of welfare fraud Aug. 8 by Judge Spencer in Appomattox General District Court.

She had failed to report unemployment benefits which resulted in a food stamp overissuance of $257.

She received 12 months in jail, suspended on her good behavior for five years. She was also suspended from the food stamp grant for six months and ordered to pay full restitution.

She made full restitution on Aug. 7.



THE ANNUAL WOODMEN OF THE WORLD family outing will start at 1 p.m. Aug. 25 at the Holiday Lake 4-H Educational Center. Activities will include swimming, basketball, cross-cut wood sawing, horseshoes, softball and other games and contests. Prizes will be drawn each hour, so early arrival increases chances of winning. Ladies are asked to bring their favorite dessert.

Mt. Pleasant news notes

By ODELL CHAMBERS

Judge not, and ye shall not be judged. Condemn not, and ye shall not be condemned. Forgive and ye shall be forgiven. (Luke 6c, 37v)

The Mt. Pleasant Baptist Church's Senior Choir's trip to the Inner Harbor at Baltimore was enjoyed by all.

Our pastor is now on vacation. We have had two good speakers thus far this month. Next Sunday, guest speaker will be the Rev. John Evans, pastor of Mt. Lyle Baptist Church. He was former pastor of Peaks Baptist Church.

Our pastor's third anniversary will be Aug. 26. A service noting the event will be held at 6 p.m., with the Rev. Bob Christian and one of his choirs as special guests.

The Senior Choir will go to Peak's Baptist Church Thursday night for the mid-week service.

The Senior Choir anniversary celebration will be held at 7 p.m., rather than at 4 p.m., as originally scheduled.

The Sunday School class will go to the Holy Land in Bedford on Saturday, Aug. 25. The bus will be at Triangle Plaza in Appomattox at 8:30 a.m.

We are praying for the sick and shut-in everywhere.

Promise Land news

For whosoever shall call upon the name of the Lord shall be saved.

There will be an Usher Board meeting Aug. 23, at 6:30 p.m. We urge all members to attend and invite new members to join us.

The Promise Land Sunday School will sponsor a trip to Busch Gardens. Anyone interested in going please contact Jacquetta Pettigrew.

Homecoming and revival services will be held Aug. 26, through Aug. 31. The Rev. Calvin Harris from Columbia, South Carolina will be our guest speaker on Sunday evening and during the week.

Pamplin AARP plans to meet

The Pamplin Chapter of American Association of Retired Persons #2295 will hold their eighth annual picnic on the grounds of 7 Springs Farm in Pamplin on Aug 21.

The festivity will start at 6 o'clock and will continue until dark.

All members and friends are welcome to attend.

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Consumer products

Labels can confuse you

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers

A chewing gum is labeled "sugarless." A cereal claims that it is "made only from natural ingredients," and a margarine says it's "rich in unsaturated fat."

These and other terms used to describe food can be confusing. The following information may help you understand some of the label information.

Sugar content of foods is a growing concern of many shoppers. But just because a food is labeled "sugar-free" may not mean that all types of sugar are absent. The word sugar, according to the Food and Drug Administration (FDA) standards, means sucrose which is common table sugar. Fructose, dextrose, and maltose, however, are also sugars. The sugar alcohols-xylitol, sorbitol, and mannitol-are other nutritive sweeteners. If you want to cut down on more than sucrose, check the label for these sugars as well as honey, molasses, and corn syrup.

If you're scanning supermarket shelves for "low-sodium" foods, label reading may present some problems. There are currently no regulations that define this term. Usually the term implies that no salt (sodium chloride) has been added to the food. It doesn't mean, however, that other substances that contain sodium are absent. FDA plans to issue regualtions as part of an overall food labeling plan to define this term.

Advertising claims for "natural," "organic," or "health" foods may change if current Federal Trade Commission proposals become law. The term "natural" would only be allowed if the food or any of its ingredients are not more than minimally processed to make it safe and are free of artificial flavorings, color additives, and chemical preservatives. The term "organic" could only be used to describe food products grown with organic fertilizers and minerals and without direct application of synthetic fertilizers. The term "health food" would no longer be permitted in advertising.

Research linking fat and cholesterol content of foods with heart disease prompted the use of several terms on food labels. "Hydrogenated" and "partially hydrogenated" describe the chemical process of adding hydrogen to an unsaturated fat of oil to make it more solid (saturated). A recent FDA regulation requires the use of the term "hydrogenated" rather than "saturated" in labeling fats and oils.

In general polyunsaturated fats tend to be of vegetable origin and saturated fats of animal origin. Safflower, corn, cottonseed, and soybean oil are all high in polyunsaturated fats. Coconut oil, however, is one of the most saturated fats on the market. It is believed that polyunsaturated fats play a role in decreasing serum cholesterol levels. A margarine made from partially hydrogenated corn oil has lost some or all of the cholesterol-lowering effect of the original corn oil.

A 1978 regulation requires that the fat or oil in a food be specified on the label. For example, "cottonseed oil," "corn oil," "soybean oil," or "beef fat" would appear in the list of ingredients. This regulation also allows manufacturers to list more than one fat or oil on the label, any of which may be used in the product.

To help reduce confusion, FDA hopes to require that food labels contain information that consumers want and that they state information in a way consumers can understand. Consumers comments were obtained during a series of nationwide public hearings held last year. Once these comments are evaluated, FDA will develop a plan and again request consumer input.

If you have a homemaking problem or question, you may call 352-8244 or write P. O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Mother's Tomato Relish

4 cups chopped onions
8-10 cups green tomatoes (diced in 1/2" pieces)
4 cups chopped cabbage (1/2" pieces)12 green peppers (5-1/2 cups chopped)
6 red peppers (sweet) (2-3/4 cups chopped)
6 cups sugar
3-4 tablespoons mustard seed
2 tablespoons celery seed
1-1/2 teaspoon tumeric
4 cups vinegar (cider vinegar)
2 cups water
1/2 cup salt

1. Chop all vegetables and soak overnight in water and salt in cool place.
2. Wash the vegetables with plenty of cold water. Drain vegetables well.
3. Heat vinegar, sugar, spices to boiling point and add vegetables.
4. Cook "along good" for about 20-30 minutes (until juice looks a little thick.)
5. Put in jars while hot (not necessary to seal).

Yield: 6-9 pints.

Many thanks to Mrs. Colleen Whitaker for sharing this delicious recipe with us. Mrs. Whitaker, from Farmville, Va. is the mother of Jeanne Clabough. Because of many requests, we are again sharing this recipe with you.

Childers reunion set

The families of John Childers and James Edward Childers and William Sanderson Hamilton will hold their annual family reunion Sunday, Aug. 26, 1984 at the Woodmen of the World Building in Appomattox.

Lunch will be served at 1:00 p.m. Come and join the family in fellowship.

TOPS picnic planned

All members of TOPS (Take off Pounds Sensibly) are invited to a covered-dish picnic on Aug. 16.

Members are asked to meet at Central Fidelity Bank at 6:30 p.m. for weigh-in. The picnic will be held at 7 p.m. at the town park near the Lee Grant Apartments.

Voter registration will be topic of hearing Aug 22

Lieutenant Governor Richard J. Davis, chairman of the Commission to Increase Voter Registration, last week announced that the Commission's final 1984 public hearing on registration patterns of voters, the practices of registrars, and methods of increasing voter registration in Virginia will be held on Wednesday, Aug. 22, 1984.

The hearing will be held from 6 p.m. until 8 p.m. in Oliver's Restaurant, 1633 Seymour Street, South Boston, Virginia.

This will be the final of a series of public hearings that were held this summer in various parts of the state.

Speakers are requested to limit their oral testimony to five minutes, and, if possible, to present a copy of their testimony in writing.

Persons not able to attend the public hearing may submit their testimony in writing, no later than Friday, August 31, 1984, to:

Office of the Lieutenant Governor
101 North Eighth Street
Richmond, Virginia 23219

Attention: Voter Registration Public Hearing

For further information, call Martha B. Pulley, 804-786-2078.

Personal notes

Mr. and Mrs. Thomas Litchford and Cheryl, Dennis Zuniga, and Mrs. Odell Ferguson spent several days last week in the home of Mr. and Mrs. Willie Hill in Kingsport, Tennessee.

***

Mrs. Calvert Poole, 218 Preston Forest Drive, Blacksburg, Va. underwent surgery Friday, at the Montgomery County Hospital, Christiansburg, Va. Mrs. Poole is a former resident of Appomattox.

***

Times-Virginian

SOCIAL

Mrs. William Edward Lewis

Vann, Lewis marry

The marriage of Carla Diane Vann to William Edward Lewis took place Saturday, August 11, at two o'clock at Liberty Baptist Church in Appomattox. Dr. Daniel Scott, pastor of the church, officiated at the double ring ceremony.

The bride is the daughter of Mr. and Mrs. Larry Vann of Edinburg, Virginia. The groom is the son of Mr. and Mrs. Jacob Lewis of Appomattox.

The bride, escorted by her father, and given in marriage by her parents, wore a formal gown of crepe back satin with a lace chapel train. The gown featured a princess style neckline, fitted bodice, and pleated skirt, with an overlay of lace. A lace jacket with short, puffed sleeves covered the bodice of the gown, which was accented with a pleated cummerbund. She carried a silk cascade bouquet of white roses, yellow and blue daisies, babies breath, and stephonnotis.

Miss Robin Vann of Edinburg, sister of the bride, served as maid of honor. She wore a gown of blue dotted swiss, which featured a fitted bodice, sweetheart neckline, short puffed sleeves, and a fitted waist with a full ruffled skirt. The waistline was accented with a blue ribbon. Jo Ann Jamerson of Appomattox, friend of the bride, served as bridesmaid. She wore a gown identical to that of the honor attendant. The attendants carried silk nosegays of yellow and blue daisies and babies breath.

Luther Lewis of Spout Spring, brother of the groom, served as best man. Ushers were Jim Amos of Appomattox, friend of the groom, and John Lewis of Lynchburg, brother of the groom. Junior ushers were Bob Poole of Appomattox, nephew of the groom, and Michael Vann of Edinburg, brother of the bride.

Anita Lewis of Lynchburg, niece of the groom, served as flower girl. She wore a gown of yellow dotted swiss which featured a round neckline accented with a collar, short puffed sleeves, and fitted waist with a full ruffled skirt.

Mrs. Joyce Vaughan, aunt of the groom, served as organist. Soloists included Frank Vaughan, uncle of the groom, and Kathy Vaughan, cousin of the groom.

Mrs. Mildred Hubbard, friend of the bride, directed the wedding. Misses Martha Haley, Lisa Harrison, and Anne Hancock, freinds of the bride, attended the guest register and programs.

Following the ceremony, a reception was held in the fellowship hall of the church. Laura Walton, friend of the bride, and Katherine Poole, Nancy Layne, and Helen, Carolyn, and Barbara Lewis, relatives of the groom, attended the reception.

Misses Cindy Poole, Renee Lewis, and Tammy Lewis, nieces of the groom, attended the gift table.

The bride, a graduate of Bridgewater College, teaches at Appomattox County High School. The groom, a graduate of Central Virginia Community College, is employed as a draftsman for the city of Lynchburg. The couple will reside is Appomattox.

Carson, Gage are married

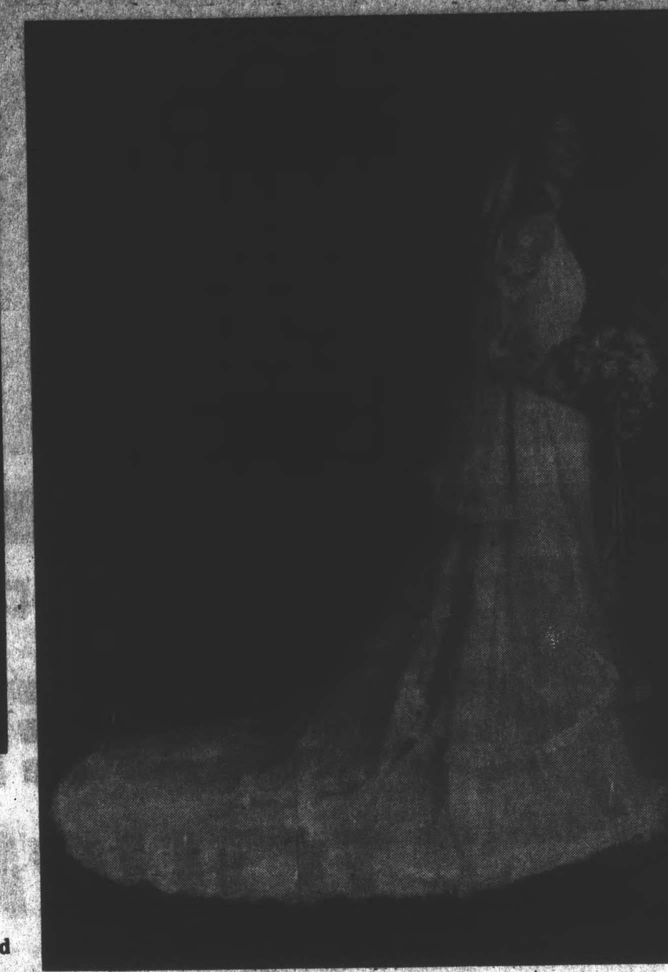
Mr. and Mrs. Dan Carson announce the marriage of their daughter, Carol Ruth, to William J. Gage, son of Nancy Gage of Concord and William James Gage of Herndon, Va.

They were married Aug. 4, 1984 at 5 o'clock in the afternoon in Charleston, S.C.

Williams reunion set

The families of Emmette F., Allen B. and Elijah Williams will hold their annual reunion at Holiday Lake Shield No. 1 on Sunday, Aug. 19.

The reunion will be held from 10 a.m. to 2 p.m.



Mrs. J. R. McCormick Jr.

Doss, McCormick wed

The marriage of Rebecca Ann Doss to Johnnie Randolph McCormick, Jr., took place Saturday evening, Aug. 11, at 8 o'clock in Walkers Presbyterian Church in Hixburg, Virginia with the Rev. Jim Terry, pastor of church, officiating.

The bride is the daughter of Mr. and Mrs. Kenneth T. Doss of Appomattox. The bridegroom is the son of Mr. and Mrs. Johnnie Randolph McCormick, Sr., of Appomattox.

The bride was given in marriage by her parents.

Mrs. Samuel Driskill, Jr., of Concord was her sister's matron of honor and bridesmaids were Christie Doss of Appomattox, sister of the bride; and Shelia Kay Carrico of Evergreen, Virginia.

Mr. McCormick was best man for his son and ushers were Jimmy McCormick of Appomattox, brother of the bridegroom, and Thomas Doss of Appomattox, brother of the bride.

Cindy Goin of Appomattox and Lisa Jones of Concord were flower girls and Scottie McCormick, brother of bridegroom, was ring bearer.

Donna Davis, of Appomattox attended the register and Tonya McCormick, sister of bridegroom handed out scrolls.

The bride is a graduate of Appomattox County High School and attended Central Virginia Community College of Lynchburg.

The groom is a graduate of Appomattox County High School and is employed by Thousand Trails Park.

Strongs announce birth

Mr. and Mrs. Johnthan H. Strong of Norfolk proudly announce the birth of their first child; a daughter, named Alexandra Lee.

She was born on Saturday, July 14, 1984 at 1:07 p.m. at Norfolk General Hospital. She weighed 9 pounds, 8 ounces and was 21 inches long.

Maternal grandparents are Mr. and Mrs. Lawrence Wade Adams, of Pamplin.

Paternal grandparents are Mrs. Henry H. Strong, of Chesapeake and the late Captain Strong.

Mrs. Davy Lee Mayo

Compton, Mayo marry

The marriage of Miss Christine Marie Compton to Davy Lee Mayo, Jr., took place on Saturday afternoon, August 11 at 2 o'clock in Concord United Methodist Church in Concord. The Rev. Davy Lee Mayo, Sr., pastor of Lycoming Valley Baptist Church in Montoursville, Pa., and also father of the groom, officiated at the double ring ceremony.

The bride is the daughter of Mr. and Mrs. Gary Reed Compton of Concord. The bridegroom is the son of the Rev. and Mrs. Davy Lee Mayo, Sr., of Montoursville, Pa.

The bride, escorted by her father and given in marriage by her parents, wore a gown of Victorian design, featuring a high neckline and long sleeves. The bodice was designed with a lace edged ruffle, seed pearls and lace overlay accented the neckline. The full skirt ending in a chapel train was edged in two [illegible] consisted of a high crown decorated with seed pearls, the long train was trimmed in lace matching that of her dress. She carried a cascade bouquet of white roses and baby's breath.

Mrs. Nicholas Taylor of Columbus, Ohio, cousin of the bride was maid of honor. The bridesmaids were Mrs. Sean Bergin of Masbeth, N.Y., Miss Laura Heydt of Concord, and Miss Kirsten Rose of Beaver Dam. The attendants wore organza gowns of lavender which featured a fitted bodice with a scoop neckline trimmed with ruffled lace. The dress had a fitted and a full skirt with a deep ruffled lace hemline. They carried baskets containing lavender daisies and carnations accented with baby's breath.

Gregory A. Freshoure of White Pigeon, Mi., friend of the groom, was best man. Ushers were Shaun A. Mayo of Montoursville, Pa., brother of the groom; Todd D. Hudson of Lynchburg, cousin of the groom and Mike W. Compton of Concord, brother of the bride.

Megan Allen of Hopkins, S.C., friend of the bride, was flower girl; and Chad R. Goldsberry of Grove City, Ohio, cousin of the bride was ring bearer.

[illegible] of Amherst, organist, provided the nuptial music. Miss Kathy Gould of Lynchburg, sang solos accompianed by Miss Becky Matthes of Lynchburg, Pianist.

Following the wedding ceremony, a reception was held in the church fellowship hall.

After a wedding trip to Williamsburg, Virginia, the couple will reside in Concord, Virginia.

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